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AUTHOR Rapaport, Ross J.
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ABSTRACT

The Alcohol and Drug Abuse Intervention and Prevention Program (ADAIPP) is a comprehensive program developed at Central Michigan University in 1984 to reduce alcohol abuse, encourage low risk use of alcohol by those of legal age who consume it, support individuals who do not use alcohol or other drugs, and provide referrals for persons with alcohol and other drug problems. This document contains the 1989-1990 annual report for the ADAIPP. Eight ADAIPP goals are listed and the university's alcohol and other drug educational messages are given. Drug education is briefly reviewed as a national concern. An outline of campus activities during 1989-1990 to reduce alcohol and other drug problems contains sections on: (1) staff and campus involvement; (2) curriculum; (3) campus-wide programs; (4) housing; (5) university apartments; (6) the Wellness Resource Center; (7) the Alcohol Education Discipline Program for alcohol-related infractions of the Student Code of Conduct; (8) the Counseling Center; (9) orientation; (10) placement; (11) campus recreation; (12) academic assistance programs; (13) health services; (14) student organizations/student involvement; (15) plans for dissemination of Campus Alcohol Policy; (16) CM (Central Michigan) Life (a university publication); (17) community involvement and resources; (18) recovering persons prevention project; (19) summer special theme courses and workshops; (20) evaluation; (21) public broadcasting; (22) Department of Public Safety; (23) community education and service; (24) grant funded projects; and (25) consultation. The report concludes with a set of plans for the 1990-1991 academic year. (NB)

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CENTRAL MICHIGAN UNIVERSITY

ALCOHOL AND DRUG ABUSE INTERVENTION AND PREVENTION PROGRAM

1989-90 ANNUAL REPORT

SUBMITTED BY

DR. ROSS J. RAPAPORT, COORDINATOR

CG 022678

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ALCOHOL AND DRUG ABUSE INTERVENTION AND PREVENTION PROGRAM

The Alcohol and Drug Abuse Intervention and Prevention Program (ADAIPP) began in 1984. It is a comprehensive program whose half-time coordinator reports to the Vice President for Student Affairs. The purposes of the program are to reduce alcohol abuse, encourage low risk use of alcohol by those of legal age who consume it, support individuals who do not use alcohol or other drugs, and assist and provide referrals for persons with alcohol or other drug problems.

The ADAIPP goals are:

1) To encourage educated and low risk use of alcohol within the university community by individuals of legal drinking age who choose to consume alcohol and to discourage the use of other drugs.

2) To support an individual's choice not to use alcohol or other drugs if he or she so desires.

3) To work toward reducing alcohol misuse and other drug use.

4) To educate and inform students, faculty, staff, administration and Mt. Pleasant community about alcohol and other drug use and misuse.

5) To encourage and support alcohol and other drug related research.

6) To increase awareness and availability of healthy alternatives to alcohol and other drug use.

7) To enhance communication within and involvement by the university regarding alcohol and other drug matters internally and externally.

8) To encourage and support prevention and early intervention efforts directed towards individuals who abuse alcohol or use other drugs, or who are chemically dependent.

CMU Alcohol and Other Drug Education Message

The following educational messages were developed by the Alcohol/Drug Programs Coordinating Group based on input from faculty and staff.

1) Non-use of alcohol and other drugs is supported and encouraged by CMU.

2) Illegal use of alcohol and other drugs is not okay and not encouraged by CMU.

3) All members of the university community should be educated about the health, legal, and other consequences of alcohol and other drug use. An individual is responsible for his or her own behavior. The immediate short term consequences of use, as contrasted with long term consequences, should be stressed.

4) Low risk decisions regarding the use of alcohol by individuals of legal drinking age (21) are encouraged. Individuals under the age of 21 should be familiar with the concept of low risk decision making.

5) Users of alcohol and other drugs are encouraged and supported by CMU in honest and realistic self-examination of the effects of their use. Is alcohol or other drug use helping or interfering with achievement of life goals? Are users happy with the effects of their use? Is use causing a problem? (What causes a problem is a problem because it causes problems.) What impact is use of alcohol or other drugs having on academic/work performance?

6) Users of alcohol or other drugs are encouraged to discuss with others (friends, professionals, CMU faculty and staff, etc.) the consequences of use and seek out help if use is causing problems.

7) All members of the university community have the right to not be disturbed by the inappropriate behavior of individuals who use alcohol or other drugs and to seek assistance for themselves as needed.

8) Educators should be appropriate role models.

Drug Education: A National and Local Concern. Alcohol and other drug problems and approaches on how to address them are receiving considerable national attention. Our societal effort to reduce or eliminate alcohol and other drug problems includes:

school based programs for the primary and secondary grades;
community programs for parents;
employee and student assistance programs;
education about problems of the elderly related to alcohol and other drug misuse;
tougher drunk driving laws;
drug testing by many employers;
inpatient and outpatient treatment programs;
concerns about alcohol beverage advertising media campaigns;
enhanced law enforcement activities; and
increased arrest and prosecution of unlawful alcohol and other drug users.

Institutions of higher education are becoming a part of this effort to combat alcohol and other drug problems. There are many national and state ventures which target higher education for prevention, education, intervention, treatment and referral.

The U.S. Department of Education supports the 1,300 member "Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse." The Network developed "Standards of the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse." The standards have been sent to the presidents of all institutions of higher education by the U.S. Secretary of Education with a letter requesting that they be endorsed. The group also developed an institutional self-assessment package so that schools could determine if their campus-wide alcohol/drug programs comply with the standards. A national forum is being planned for next fall, and a series of regional training workshops are underway.

Federal Financial Aid Law requires institutions of higher education to certify that they have drug abuse prevention programs available to any officer, employee, or student. The law was effective July 1, 1987. Under the 1988 "Drug-Free Workplace" and "Drug-Free Workforce" laws, employers who receive Federal grants or contracts over $25,000 are required to activate policies and procedures prohibiting the use of illicit drugs at work. Employers must also inform employees of the consequences of such use, along with sources of help for drug problems.

Section 22 of the Drug-Free Schools and Communities Act Amendments of 1989 amends provisions of the Drug-Free Schools and Communities Act of 1986 and the Higher Education Act of 1965. To receive federal funds or financial assistance, an institution must certify that it has a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on school premises or as part of its activities. Certification to the U.S. Office of Education is required to receive any federal financial assistance after October 1, 1990.

The Inter-Association Task Force on Alcohol and Other Substance Abuse Issues includes representatives of several higher education organizations. The Task Force sponsors National Collegiate Alcohol Awareness Week and National Collegiate Drug Awareness Week. The American College Personnel Association Commission XVIII on Alcohol and Other Drugs provides support for persons in higher education institutions who are working to reduce alcohol and other drug problems. This Commission developed "Comprehensive Guidelines for an Institutional Response to Alcohol and Other Drug Problems" to aid the development of campus-wide alcohol and other drug programs. Many national student personnel organizations have developed or are developing position statements and task forces to help address alcohol and other drug problems.

The Michigan Consortium on Substance Abuse Education is a group of colleges and universities in the state who trade information on curricular issues and programs which address alcohol and other drug problems. The "Enjoy Michigan Safely" campaign has targeted colleges and universities for drinking and driving prevention campaigns. The Michigan Office of Substance Abuse Services Prevention Specialists have received training on how to assist colleges and universities with prevention programs.

In Mt. Pleasant, many programs exist to address local alcohol and other drug problems. In the school system, there are K-12 prevention efforts, a student assistance program in the high school, and programs for parents with children of all ages. In the community, there are four outpatient substance abuse treatment programs, highway safety programs, probation officers who refer individuals for substance abuse treatment, and tough enforcement of drunk driving laws. Cooperation between CMU and local officials ended the "End of the World Party." The local Substance Abuse Task Force has met for two years and held two Isabella County forums on alcohol and other drug problems last year. There is also an excellent local network of Alcoholics Anonymous, Al-Anon, Al-Ateen, Narcotics Anonymous, and Adult Children of Alcoholics groups.

Considerable attempts are underway to help address the alcohol and other drug problems which exist throughout the entire society. Our work at Central Michigan University is an important part of a much greater whole.

Summary of Activities During 1989-90

Awards and Recognition. CMU received a certificate of merit for programs held during the Fall 1989 National Collegiate Alcohol Awareness Week (NCAAW). Over 120 programs were submitted to be evaluated for recognition. We have received "Certificates of Merit" on three other occasions for our NCAAW program, and have been recognized twice for having one of six outstanding NCAAW programs in the country.

In August 1988, the Division of Student Affairs received a Federal FIPSE grant for $91,812 to expand our campus alcohol and other drug program. The grant will end September 25, 1990.

The CMU Alcohol/Drug Abuse Prevention Program became provisionally licensed by the Michigan Department of Public Health Office of Substance Abuse Services.

The Alcohol/Drug Abuse Prevention Program was awarded a staffing grant of $43,000 by the Mid-State Substance Abuse Commission, pending release of funds by the state.

Ross Rapaport continued his involvement with the U.S. Department of Education Planning Group for the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse. He represents the American College Personnel Association on the Inter-Association Task Force on Alcohol and Other Substance Abuse Issues. He represents CMU on the local substance abuse task force and to the Michigan Consortium on Substance Abuse Education. He recently became chairperson of ACPA's Commission XVIII on Alcohol and Other Drugs.

Sally Reyes, Prevention Educator, was recognized for excellence in substance abuse prevention work in Isabella County by the Mid-State Substance Abuse Commission.

Ron Whalen, CMU student, was selected as a summer intern by the Washington Center to work at the Department of Education Fund for Improvement of Secondary Education.

Lisa Mercurio, Housing, and Andrew Claes, CMU student, presented and advised at the First National Higher Education Leaders/Peers Network Conference. The conference was sponsored by Texas Christian University.

Affiliations. CMU has been a member of the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse since May, 1988 and endorses the network's standards. CMU has been a member of the Michigan Consortium on Substance Abuse Education since 1985.

Campus-Wide Efforts. Many individuals and units on campus are involved in alcohol and other drug education programs. It is not the purpose of this report to document all these activities, but to mention some of the most significant events. The following is an outline of campus activities during 1989-90 to reduce alcohol and other drug problems:

1) Staff and Campus Involvement

   a. The following staff have regular responsibilities for alcohol and other drug education and prevention: Program Coordinator, Manager Health Advocacy Service, Housing Complex Manager, Assistant Director Office of Student Life (Student Activities), Assistant Director Campus Recreation, Wellness Resource Center Alcohol and Other Drug Education Program Intern, student assistants.
   b. FIPSE grant funded - Ross Rapaport has been released 1/2 time from his Counseling Center responsibilities to direct the grant; a 1/2 time C-5 clerical has been hired to work on grant projects.
   c. Workers Compensation funded - Sally Reyes has worked full time as a Prevention Educator.
   d. Student volunteers, student organizations (PRIDE, SADD, Alpha Sigma Alpha, Eta Sigma Gamma, fraternities and sororities, SGA, RHA, Golden Key), and staff involved in developing campus recreational activities, wellness programs, educational/cultural/social events.
   e. Faculty and staff support for attending educational activities, and incorporating alcohol and other drug information and assignments in classes.
   f. The Alcohol/Drug Program's Coordinating Group met monthly throughout the year and held a day-long planning retreat. The purpose of the group is to coordinate campus alcohol and other drug programming, share resources and avoid duplication, and support each other's programs. The group is composed of 30 members, including students and professionals from both on and off campus.

2) Curriculum

a. Mandatory student athletes drug education course
b. Substance abuse programming minor in Health Education
c. Incorporating alcohol and other drug information into lectures, assignments and discussion

3) Campus-wide Programs (1989-90)

a. Gerardo Gonzalez Workshop and Presentation (Fall)
b. National Collegiate Alcohol Awareness Week (Fall)
c. Red Ribbon Day (Fall)
d. Winter Holiday Campaign (Fall)
e. Drug Awareness Week (Winter)
f. "Hands United Against Drugs" (Winter)
g. Safe Spring Break Education (Winter)
h. Educational programs throughout the year involving student organizations

4) Housing

a. Staff training on identification and referral of individuals with alcohol and other drug problems
b. Early intervention, "carefrontation" and referral of students with possible alcohol and other drug problems
c. Forced counseling referral of students who have overdosed on alcohol or other drugs
d. Ongoing educational programs
e. Peer Educators and the "Get Smart" program
f. Alcohol and other drug education posters
g. "Alcohol Choice is Yours" brochure
h. Special housing assignments made for chemically dependent students or students who want to live with students who do not use alcohol or other drugs

5) University Apartments

a. Include alcohol and other drug information into "Housing Happenings" Newsletter

6) Wellness Resource Center

a. Volunteer peer alcohol and other drug education program coordinated by a student intern
b. Other health information and referral
c. Peer resource people
d. Student led presentations and groups
e. Staff training on alcohol and other drug topics

7) Alcohol Education Discipline Program for alcohol related infractions of the Student Code of Conduct. This is a forced referral option for our Proceedings Officer. This year 58 students completed the five-hour program. A complete report of this program is available upon request. The AEDP has been in operation five years and was coordinated this year by Kurt Schultz and Sally Reyes.

8) Counseling Center

a. Staff training and development on alcohol and other drug topics
b. Counseling and support groups (Adult Children from Alcoholic or Otherwise Dysfunctional Families, Alcohol/Drug Free Support Group)
c. Counseling and referral of individuals with alcohol and other drug problems

9) Orientation

a. Letter from Vice President for Student Affairs stating university expectations and consequences for using alcohol during Orientation, and sources of assistance
b. Staff training on alcohol and other drug topics
c. Mentor discussion with new students on alcohol and other drug topics
d. Alcohol and other drug education presentations by mentors
e. Alcohol and other drug posters in residence halls during Orientation
f. Alcohol and other drug education materials in "parent packets"
g. Distribution of alcohol policy to students and parents

10) Placement

a. "Drug Testing and Your Career" brochure

11) Campus Recreation

a. Recreational programming
b. Alcohol and other drug education sports posters

12) Academic Assistance Programs

a. In-service training on recognizing and assisting students whose academic difficulties might be alcohol and other drug related

13) Health Services

a. In-service training on recognizing signs and symptoms of alcohol and other drug problems

14) Student Organizations/Student Involvement

a. Residence Hall Assembly and Alpha Sigma Alpha - "Hands United Against Drugs"
b. Eta Sigma Gamma - "Designated Driver"
c. PRIDE - Outreach K-12, campus programs, "Red Ribbon Day"
d. Student Government Association - continued support of projects
e. Fraternities/Sororities - dry rush, member and leadership training on alcohol and other drugs, "Hands United Against Drugs," safe ride home projects
f. Student Volunteers (Peer Educators) at Wellness Resource Center's Alcohol and Other Drug Education Program
g. Get "SMART" (Students Making Alcohol Responsibility Theirs)

15) Plans for dissemination of Campus Alcohol Policy, New Drug-free Workplace and Alcohol Policies; planning for compliance with Drug-Free Schools and Communities Act Amendments of 1989

16) CM Life

a. Policy not to accept advertisements which promote abuse of alcohol
b. Excellent coverage of alcohol and other drug education activities and editorial support
c. Advertising staff training on the impact of beverage alcohol advertising on consumption and sale of alcohol education space in CM Life

17) Community Involvement and Resources

a. Cooperation with Mid-State Substance Abuse Commission, Mt. Pleasant Counseling Services, Prosecuting Attorney's Office, Community Substance Abuse Prevention Task Force, and other colleges and universities in the state
b. Excellent community network of AA, Al-Anon, NA, ACOA support groups
c. Community and campus group collaboration to reduce and eliminate large campus party problem
d. SBX displays during NCAAW

18) Recovering Persons Prevention Project

a. Involved recovering chemically dependent individuals and co-dependents in primary prevention activities
b. Conducted an original play
c. Conducted approximately thirty panel presentations
d. Donated recovery books to CMU

19) Summer Special Theme Courses and Workshops
a. Intervention: Helping Alcoholics and Others Who Don't Want Help (Ross Rapaport)
b. Communication in Alcoholic Families (Dawn Weber)
c. Workshop on Duncan Life Skills Prevention Series: A Specific Substance Abuse Prevention Curriculum (Byron Doty)

20) Evaluation of programs, needs assessment, data collection, and surveys of student alcohol and other drug use and associated problems and needs

21) Public Broadcasting

a. Involvement in Project Graduation

22) Department of Public Safety

a. Alcohol presentations by Officer Tim Prout
b. Drug presentations by Officer Dan Dinius

23) Community Education and Community Services

a. Exploring the possibility of bringing Teen Institute to CMU's campus

24) FIPSE Grant funded projects

a. A task force was appointed with representatives from all employee groups to review and make recommendations for the Faculty/Staff Assistance Program (FSAP). The task force met in June (1989) and was co-chaired by Ross Rapaport and Barbara Taylor, Assistant Director, Employee Relations.
b. The student group, PRIDE. was given funding to help pay for office supplies and promotional and educational materials.
c. Students, faculty and staff were surveyed about student alcohol and other drug use and the impact of National Collegiate Alcohol Awareness Week.
d. Alcohol and other drug policy will be disseminated.
e. Dave Lascu, Assistant Director Student Activities, is working on a wellness resource and liability and risk management program for student organizations.
f. Ann Owens was hired to conduct an evaluation of the ADAIPP.
g. Books and Videotapes have been purchased for Park Library, the Wellness Resource Center and the Counseling Center to expand their alcohol and other drug collections. All teaching faculty and staff were given an opportunity to request materials for purchase.
h. The Project Director and Dino Martinez attended a meeting in Washington D.C. for FIPSE Grant recipients.

25) Consultation

The program coordinator consulted with many students and residence hall staff members on helping individuals with alcohol problems. The coordinator also consulted with individuals from several schools in Michigan and throughout the country about developing alcohol and other drug programs. We have also sent materials about our program to schools throughout the country.

A Note of Thanks. As is obvious from this report, a comprehensive program to reduce student alcohol and other drug problems requires more than the work of one person. Involvement and caring by many individuals is essential in any effort to combat these problems. I would like to thank all members of the Coordinating Group for their guidance, assistance, good humor, and support throughout the academic year.

Many faculty, staff and students have been involved in the ADAIPP. Student organizations, staff in Employee Relations, faculty giving information to classes, and individual interests all come together to make up a widespread effort to reduce alcohol and other drug problems at CMU.

Plans for 1990-91

1) Coordinate campus alcohol and other drug education, prevention, intervention, treatment and referral activities.

a. This will involve at least a monthly group meeting with the Alcohol/Drug Programs Coordinating Group.
b. Systematic education, prevention, intervention, treatment and referral activities will be expanded to faculty/staff.

2) Coordinate the following campus activities:

   a. National Collegiate Alcohol Awareness Week during Fall semester (Dave Lascu)
   b. A holiday campaign before end of Fall semester
   c. National Collegiate Drug Awareness Week during Winter semester (Dino Martinez)
   d. A Safe Spring Break campaign during Winter semester

3) Provide Alcohol Education Discipline Program (AEDP) groups as a service to the Office of Student Life. (Sally Reyes)

4) The following tasks will be done on a regular basis by the following units: Housing, Health Advocacy Services, Wellness Resource Center, Student Life/Student Activities, Campus Recreational Services, Orientation and the Counseling Center:

   a. Update alcohol and other drug materials in the Wellness Resource Center.
   b. Train residence hall staff on alcohol and other drug abuse education, prevention, intervention and referral.
   c. Train Orientation mentor staff on alcohol and other drug abuse education, prevention, intervention and referral.
   d. Speak to students, faculty and staff on alcohol and other drug use and abuse.
   e. Provide counseling assistance, intervention and/or referral to students with alcohol or other drug problems.
   f. Provide training for a student intern
   g. Work with members of student groups and organizations in the areas of wellness, alcohol abuse and other drug use education, prevention, intervention and treatment.
   h. Support student groups working to reduce alcohol abuse (e.g., Eta Sigma Gamma, Students Against Drunk Driving, BACCHUS, PRIDE, Alpha Sigma Alpha, Golden Key, Residence Hall Assembly, Fraternities, Sororities, Student Government Association).
   i. Offer a counseling group for adult children from alcoholic, alcohol abusing or otherwise dysfunctional families.
   j. Offer a support group for students who want to remain free from alcohol and other drugs.
   k. Help support bringing well-known alcohol and other drug education speaker(s) to campus and/or the local community.
   l. Provide alcohol and other drug information to faculty and staff who wish to add this information to courses or other professional or personal endeavors.
   m. Maintain a listing of local, regional and national sources of assistance for individuals with alcohol and other drug problems.
   n. Educate student organizations on alcohol and other drug issues, risk management, etc.

5) Review ADAIPP in terms of philosophy, consistency, coordination and needed areas of expansion or contraction.

6) Include recognition for outstanding individual and organizational contributions to campus attempts to reduce alcohol and other drug problems in the annual awards banquet.

<u>Needed Additions to Our Campus-wide Program</u>. A need has been identified for expansion in systematic prevention, education, intervention, treatment and referral options for CMU employees. CMU has had a faculty and staff assistance program for chemical dependency problems in the Counseling Center. However, sufficient resources have not been allocated to this program to make it viable. From time to time, employees with alcohol and drug problems are referred to treatment.

Research on employee assistance programs shows that they are cost effective in addition to being a humane method of addressing a complex and devastating problem. CMU needs to prioritize funding and provide essential resources for our faculty and staff assistance program. This will have immediate and long range impact on our entire university and local community. A healthy faculty and staff helps provide a healthy environment and appropriate role models for our students. As the largest employer in Mt. Pleasant, we impact the entire community.

Recommendations

1) It is desirable to separate the ADAIPP from the Counseling Center as much as possible, given existing resources and space. This would allow clear separation of Counseling Center staff from ADAIPP staff. Steps have been taken to do this.
2) We need to examine the University's law enforcement responsibilities and policies on illegal use of alcohol and other drugs.
3) The staffing of the ADAIPP coordinating function needs to be strengthened. It is recommended that CMU fund a half-time administrative secretary and a full time Prevention Educator and Assistant. Currently, these positions are filled by grant funds.

Ross J. Rapaport
Coordinator, Alcohol and
Drug Abuse Intervention and
Prevention Program